

INVER GROVE HEIGHTS

Parks & Recreation

Updated Swim Lesson and
Open Swim Schedule
Summer 2022

POOL PROJECT 2022

Investing in the long-term health
of our AQUATIC CENTER, a
favorite community asset!

The Aquatic Center pools at the
VMCC will be undergoing needed
and necessary updates for new
filters and pumps. **Please be
advised that the lap pool, dive
well, and hot tub will be closed
July 1 through August 19, 2022.**
The water park will remain open
for fitness classes, swim lessons
and open swim during this time.

Questions? WE'RE HERE FOR YOU! Visit us at the
VMCC front desk, go to www.ighmn.gov/poolproject,
scan the QR code, call 651-450-2480 or email
parksandrecreation@ighmn.gov



www.ighmn.gov/poolproject






























Visit ighmn.gov/pools for
current open swim availability



Open Swim **SPRING GENERAL** Schedule

MAY 1–JUNE 9

Schedule is subject to CHANGE – PLEASE ALWAYS CHECK
online at www.ighmn.gov/pools for the current monthly schedule.

Amenities may
be temporarily
unavailable
at times due to
staffing levels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Water Park Sensory Friendly 10–Noon 			Water Park 10 a.m.–Noon 	Water Park Sensory Friendly 9 a.m.–Noon 	
Water Park 5–8 p.m.  	Water Park 5–8 p.m.  	Water Park 5–8 p.m.  	Water Park 5–8 p.m.  	Water Park 5–6:30 p.m.  	All Pools Noon–5 p.m.    	All Pools Noon–3 p.m.    
Please note this is a general schedule subject to change. For day of information please visit www.ighmn.gov . Questions? Call the front desk at 651-450-2480.				All Pools 6:30–8:30 p.m.    		Water Park 3–5 p.m.  
				FRIDAY, JUNE 3 Pools closed 5–8:30 p.m.		

KEY:  Features (bucket) ON  Slides ON  Diving Boards Open  Lap Pool Open Amenities subject to change.

**Open Swim is open
to the community
for daily use:**

Ages 1–11: \$6

Ages 12 and older: \$9

**Open Swim is a benefit
of Membership and is
Free to VMCC members.**

***Sensory
Friendly
Open Swim**







































This special time is
OPEN TO ALL and
is ideal for swimmers
seeking a sensory
friendly experience at
our Water Park while the
water features are off.
Perfect for toddlers!



Updated Open Swim Schedule Due to Pool Project







Schedule is subject to CHANGE – check online at www.ighmn.gov/pools current schedule.

JUNE 10–JUNE 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*	SUNDAY
All Pools 1–4:30 p.m.     Water Park 4:30–7 p.m.  	All Pools 1–4:30 p.m.     Water Park 4:30–7 p.m.  	All Pools 1–4:30 p.m.     Water Park 4:30–7 p.m.  	All Pools 1–7 p.m.    	Water Park Sensory Friendly* 10 a.m.–Noon All Pools 1–7 p.m.    	Water Park Sensory Friendly* 9 a.m.–11 a.m. All Pools Noon–5:00 p.m.    	All Pools Noon–3 p.m.     Water Park 3–5 p.m.  







































WATER PARK ONLY JULY 1–AUGUST 19





VMCC IS CLOSED ON JULY 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reduced pricing during Lap Pool, Dive Well and Hot Tub closure (July 1–Aug. 19): \$6 per person				Water Park Sensory Friendly* 10 a.m.–Noon Water Park 1–7 p.m.  	Water Park Noon–5 p.m.  	Water Park 10 a.m.–3 p.m.  

AUGUST 20–SEPTEMBER 4

VMCC IS CLOSED ON SEPT. 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*	SUNDAY
All Pools 1–3 p.m.     Water Park 3–7 p.m.  	All Pools 1–3 p.m.     Water Park 3–7 p.m.  	All Pools 1–3 p.m.     Water Park 3–7 p.m.  	All Pools 1–3 p.m.     Water Park 3–7 p.m.  	Water Park Sensory Friendly* 10 a.m.–Noon. All Pools 1–3 p.m.     Water Park 3–7 p.m.  	All Pools Noon–5:00 p.m.    	All Pools 10 a.m.–3 p.m.    

KEY:  Features (bucket) ON  Slides ON  Diving Boards Open  Lap Pool Open Amenities subject to change.

Swim Lesson Levels

PRESCHOOL LEVELS

PARENT/CHILD LEVELS

**Ages 6–36 months with a parent/caregiver
16 years or older**

PARENT TOT: Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.

PRESCHOOL LEVELS Ages 3–5

Gives young children about ages 3 to 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.

Preschool 1 Introduces basic skills to parents and children, including safety topics.

Preschool 2 Builds on the skills introduced in Level 1, with participants improving these skills and learning more advanced skills

Preschool 3 Increase proficiency and build on skills learned in level 1 and 2, increased distance and endurance, independence introduced.

SCHOOL-AGE LEVELS Ages 5–12

Based on a logical, six-level progression that helps swimmers about 6+ years old and adults develop their water safety, survival and swimming skills. It is designed to give participants a positive learning experience.

LEVEL 1: Introduction to Water Skills

Helps participants feel comfortable in the water.

LEVEL 2: Fundamental Aquatic Skills

Gives participants success with fundamental skill.

LEVEL 3: Stroke Development (not available July 1–Aug. 19)

Builds on the skills in Level 2 through additional guided practice in deeper waters.

LEVEL 4: Stroke Improvement (not available July 1–Aug. 19)

Develops confidence in the skills learned and improves other aquatic skills.

LEVEL 5: Stroke Refinement (not available July 1–Aug. 19)

Provides further coordination and refinement of strokes.

LEVEL 6: Pre-Swim Team and Private Lesson

(not available July 1–Aug. 19)

Rule the pool, strengthen your swimming skills and learn new techniques in our pre-swim team practice. This class offers swimmers age 8-14 (swim level 3 and above) the opportunity to explore what it is like to be on a swim team!

Private and Semi Private Swim Lessons, Adult Swim Instruction and Pre-Swim Team

Are suspended during the pool project, watch website for updates.

PLEASE NOTE:

- Swim lessons are designed for ongoing enrollment year round.
- Swimmers receive a progress report $\frac{3}{4}$ through their session indicating which level to enroll in the next month/session.
- **No lessons week of July 2–9.**
- **All lessons from July 5–August 19 will be held in the Water Park pool.**
- Swim lesson schedule is subject to change.
- Visit the www.ighmn.gov/pools for more information.

**For questions, please contact Interim Aquatics Coordinator,
Suzie at 651-554-3427 or sshofmeister@ighmn.gov**



**Now offering 1:1 ADAPTIVE
SWIM LESSONS! See our new
community partner for more
information and to register**

swimpossible.org

**For questions, please
contact Interim Aquatics
Coordinator, Suzie
at 651-554-3427 or
sshofmeister@ighmn.gov**

Group Swim Lesson Rates (8 lessons)

\$61 Member; \$68 Non-member

**TO REGISTER visit
www.ighmn.gov/register**

Updated Summer Swim Group Lessons

DUE TO POOL PROJECT

SATURDAY (a.m.) | 1 TIME PER WEEK FOR 8 WEEKS | 30-MINUTE LESSON

SATURDAY

SESSION 1: JUNE 11–AUGUST 6

(Skip July 2)

Preschool a.m. (6 mo.–5 years)

TIME	LEVEL	CODE
9:00–	Parent Tot	1A0S1
9:30 a.m.	Preschool 1	1A1S1
9:40–	Preschool 2	1A2S2
10:10 a.m.		
10:20–	Preschool 1	1A1S3
10:50 a.m.	Preschool 3	1A3S3
11:00–	Preschool 2	1A2S4
11:30 a.m.		

School Age a.m. (5–12 years)

TIME	LEVEL	CODE
9:00–	Level 1	1B1S1
9:30 a.m.		
9:40–	Level 2	1B2S2
10:10 a.m.	Level 3	Cancelled
10:20–	Level 4	Cancelled
10:50 a.m.		
11:00–	Level 1	1B1S4
11:30 a.m.		

SUNDAY (p.m.) | 1 TIME PER WEEK FOR 8 WEEKS | 30-MINUTE LESSON

SUNDAY

SESSION 1: JUNE 12–AUGUST 7

(Skip July 3)

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
3:30–	Preschool 1	1A1N1
4:00 p.m.	Preschool 2	1A2N1
4:10–	Preschool 2	1A2N2
4:40 p.m.	Preschool 3	1A3N2
4:50–	Parent Tot	1A0N3
5:20 p.m.	Preschool 1	1A1N3
5:30–	Preschool 2	1A2N4
6:00 p.m.	Preschool 3	1A3N4

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
3:30–	Level 1	1B1N1
4:00 p.m.	Level 2	1B2N1
4:10–	Level 1	1B1N2
4:40 p.m.	Level 3	Cancelled
4:50–	Level 2	1B2N3
5:20 p.m.	Level 4	Cancelled
5:30–	Level 1	1B1N4
6:00 p.m.	Level 5	Cancelled

MONDAY–THURSDAY (a.m.) | 4 TIME PER WEEK FOR 2 WEEKS | 30-MINUTE LESSON

MONDAY–THURSDAY SESSIONS

SESSION 1: JUNE 13–23

SESSION 5: AUG. 22–SEPT. 1

(SEE NEXT PAGE FOR SESSION 2–4)

Preschool a.m. (6 mo.–5 years)

TIME	LEVEL	CODE
9:00–	Parent Tot	___ A0M1
9:30 a.m.	Preschool 1	___ A1M1
9:40–	Preschool 2	___ A2M2
10:10 a.m.	Preschool 3	___ A3M2
10:20–	Preschool 1	___ A1M3
10:50 a.m.	Preschool 3	___ A3M3
11:00–	Preschool 1	___ A1M4
11:30 a.m.	Preschool 2	___ A2M4

School Age a.m. (5–12 years)

TIME	LEVEL	CODE
9:00–	Level 1	___ B1M1
9:30 a.m.	Level 2	___ B2M1
9:40–	Level 3	___ B3M2
10:10 a.m.	Level 5	___ B5M2
10:20–	Level 1	___ B1M3
10:50 a.m.	Level 3	___ B3M3
11:00–	Level 2	___ B2M4
11:30 a.m.	Level 4	___ B4M4

CODE NUMBER To complete the code number, you will need to fill in the blank on the chart with the session number you would like to attend. **(1 or 5)**

Summer Swim Group Lessons continued

MONDAY–THURSDAY (a.m.) | 4 TIME PER WEEK FOR 2 WEEKS | 30-MINUTE LESSON

MONDAY–THURSDAY SESSIONS

SESSION 2: JULY 11–21

SESSION 3: JULY 25–AUGUST 4

SESSION 4: AUGUST 8–18

CODE NUMBER To complete the code number, you will need to fill in the blank on the chart with the session number you would like to attend. **(2, 3, or 4)**

Preschool a.m. (6 mo.–5 years)

TIME	LEVEL	CODE
9:00–	Parent Tot	___ A0M1
9:30 a.m.	Preschool 1	___ A1M1
9:40–	Preschool 2	___ A2M2
10:10 a.m.	Preschool 3	___ A3M2
10:20–	Preschool 1	___ A1M3
10:50 a.m.	Preschool 3	___ A3M3
11:00–	Preschool 1	___ A1M4
11:30 a.m.	Preschool 2	___ A2M4

School Age a.m. (5–12 years)

TIME	LEVEL	CODE
9:00–	Level 1	___ B1M1
9:30 a.m.	Level 2	___ B2M1
9:40–	Level 3	Cancelled
10:10 a.m.	Level 5	Cancelled
10:20–	Level 1	___ B1M3
10:50 a.m.	Level 3	Cancelled
11:00–	Level 2	___ B2M4
11:30 a.m.	Level 4	Cancelled

MONDAY/WEDNESDAY (p.m.) | 2 TIME PER WEEK FOR 4 WEEKS | 30-MINUTE LESSON

MONDAY/WEDNESDAY SESSIONS

SESSION 1: JUNE 13–JULY 13

(Skip July 4, 6)

SESSION 2: JULY 18–AUGUST 10

CODE NUMBER To complete the code number, you will need to fill in the blank on the chart with the session number you would like to attend. **(1 or 2)**

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
4:30–	Parent Tot	___ A0W1
5:00 p.m.	Preschool 1	___ A1W1
5:10–	Preschool 1	___ A1W2
5:40 p.m.	Preschool 2	___ A2W2
5:50–	Parent Tot	___ A0W3
6:20 p.m.	Preschool 3	___ A3W3
6:30–	Parent Tot	___ A0W4
7:00 p.m.	Preschool 1	___ A1W4

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
4:30–	Level 1	___ B1W1
5:00 p.m.	Level 2	___ B2W1
5:10–	Level 1	___ B1W2
5:40 p.m.	Level 3	Cancelled
5:50–	Level 2	___ B2W3
6:20 p.m.	Level 4	Cancelled
6:30–	Level 1	___ B1W4
7:00 p.m.	Level 3	Cancelled
7:15 p.m.	Pre-Team 2	Cancelled

TUESDAY (p.m.) | 1 TIME PER WEEK FOR 8 WEEKS | 30-MINUTE LESSON

TUESDAY

SESSION 1: JUNE 14–AUGUST 9

(Skip July 5)

Group Swim Lesson Rates (8 lessons)
\$61 Member; \$68 Non-member

TO REGISTER visit
www.ighmn.gov/register

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
4:30–	Preschool 1	1A1T1
5:00 p.m.	Preschool 2	1A2T1
5:10–	Preschool 1	1A1T2
5:40 p.m.	Preschool 2	1A2T2
5:50–	Preschool 1	1A1T3
6:20 p.m.	Preschool 3	1A3T4
6:30–	Parent Tot	1A0T4
7:00 p.m.	Preschool 2	1A2T4

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
4:30–	Level 1	1B1T1
5:00 p.m.	Level 2	1B2T1
5:10–	Level 1	1B1T2
5:40 p.m.	Level 3	Cancelled
5:50–	Level 2	1B2T3
6:20 p.m.	Level 5	Cancelled
6:30–	Level 1	1B1T4
7:00 p.m.	Level 3	Cancelled
7:15 p.m.	Pre-Team 1	Cancelled